November 6, 2020
Issue #28

Bronwen "Wildflower" Gates, ethnobotanist and shamanic herbalist

The Crazy Wisdom Weekly

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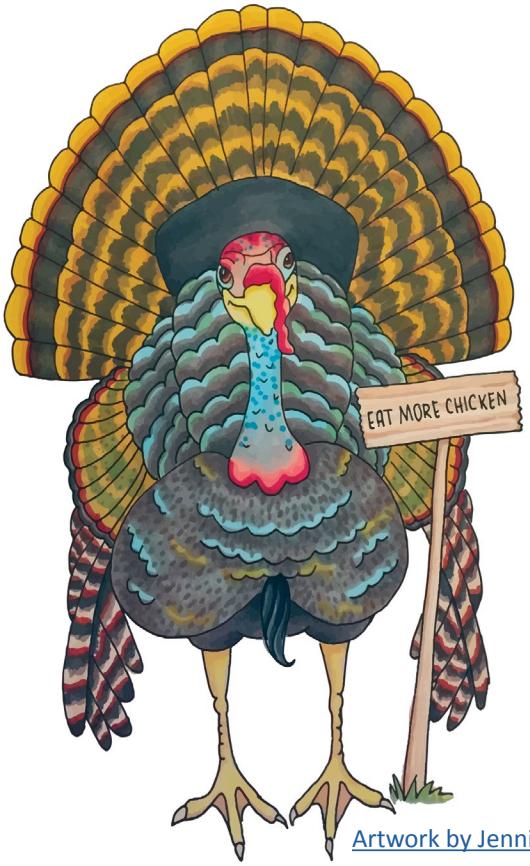
The Crazy Wisdom Weekly



Artwork by Jennifer Carson

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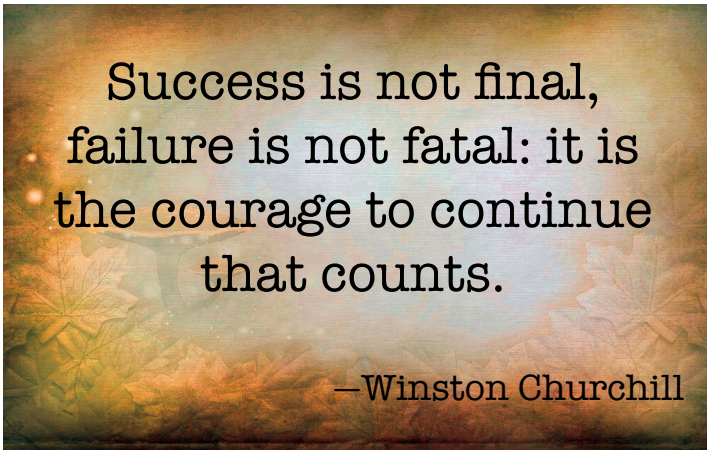
The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!



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Cover photo by Joni Strickfaden.

Thank you to our contributors for this issue:

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Bronwen Gates
Maggie Kupiec
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Word of the Week:

Quaintrelle

A woman who emphasizes a life of passion, expressed through personal style, leisurely pastimes, charm, and cultivation of life's pleasures.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

5 questions for artist,

JAY DEFOY

Tell us a little about your art journey. Were you born with a paint brush in hand? Did you go to art school?

I can attribute my beginnings in art to my friends, actually! I really only dabbled with the usual amount of art as a kid, but my friends were really into drawing anime and cartoon characters, and I soon fell into the same habits. We spent the majority of our time in school drawing instead of doing the work we should have been doing, but seeing as we've all become professional artists, I think it was time well spent.

I did take some art classes at a community college. A really fun comic class, and a couple of painting classes, which is where I was first introduced to oil painting.

I fell in love with your renaissance style portraits of animals. What drew you to paint these portraits? What's the story behind them?

Glad you like them! They are actually for a card game that I've been putting together for what seems like forever. The very first one was of my cat, Minerva. After I put a few online people started reaching out for custom portraits and it kind of just took off from there!

So, you paint with oils, and very successfully paint digitally in an oil-painting look as well, but you are also a graphic novel/comic guy. How did you get into this field?

I would say my "comic career", if you want to call it that, started when I was in my senior year of high school and I found a job posting for a comic book penciler in one of the Art Job books my teacher had laying around. Naturally, I didn't get the job, but it started me on the path of a sequential artist for a number of years, and it's a path that I still find myself on from time to time. I'm actually very fortunate that I started my career in comics as it not only builds the basics of anatomy, composition, and perspective, but also forces story telling into the mix.

Do you have a favorite medium to create with? Why is it your go-to-process?

This is a hard one! The majority of my work is still done in pencil and ink in a traditional comic style, and I do still love the tedious act of penciling. Though, as I get older, I'm finding I'm actually having a harder time focusing on pencil and ink. I've been trying to learn sculpture, which is really fun, but I think oil holds my attention the best and still gives me the most satisfaction with my finished work.

A friend of mine, who wanted to write books for children, was told by a famous author that there were enough good books out in the world already and to go do something else. Why do you think art is important in the modern world when we have so many works from painting "masters" already?

I actually think about this quite often. I find myself occasionally wanting to tell some young hopeful that they should probably be an engineer and keep art as a hobby because it's a lot less fun when you're forced to be creative. The beautiful part is that people who really want to make a life of art wouldn't listen to such advice and are going to try anyway, and that's exactly the type of mindset you have to have in order to succeed in a job where rejection is very much part of the culture. There will always be people who will hate what you create. People hated Van Gogh during his time. He only sold a few paintings during his whole career and today he is one of the most recognized artists in the world! Should he have quit and left art to the masters like Rembrandt? Should Rembrandt have left it to Caravaggio? Caravaggio to Michelangelo? Art boils down to inspiring and being inspired, and we can always use more of that.

In the Heart of the Wood

On a Rainy Night

By Irena Nagler

An equinoctial night in 2016. It's raining. The injured raptor birds, often used in educational programs, sleep in little wooden houses on the hillside. Community gardens and orchards await spring, leaves poised to unfurl and earth to be turned. It is the night of the salamander survey at Black Pond Woods.

When I first moved to my north Ann Arbor neighborhood, I went for a walk one afternoon with no destination in mind. I wandered through the grounds of what I didn't know yet was Leslie Science Center.

It was late August 1988. Flowers blazed at the margin of a forest. I was drawn into the woods, up and down slopes of the moraine, until I wound up in a valley near what I realized must be a little pond. It was a summer of drought, and what water remained in the vernal pool was covered with duckweed. But it glowed green, and I knew that I had found a focal point, the heart of the woods.

I returned often to explore. The woods were shrubby near the center, giving way to mature forest on steep slopes and big oak trees along the rim of a golf course. I sometimes took books or drawing paper there and sat reading, sketching, or daydreaming, jumping up to dodge the occasional stray golf ball. The oaks reminded me of the site in one of my first childhood reading experiences, the Hundred Acre Wood from Winnie-the-Pooh. They anchored heaven to earth, deep-rooted and reassuring, hissing gently through fringes of leaves, dreaming both past and future.

On an April evening, friends and I followed the sound of springtime frogs. Soon we were sitting cradled in it by the pond. "Look, look," I said. A little frog was perched on a wet log near us. We could see the rhythmic puffing of its pale-green throat as it added its note to the hypnotic mesh of sound.

The calls rose, silver-green, a light that grew and grew, entreating mates and touching the pool of answering stars overhead.

In spring, the slopes in the valley near the pond were starred with trillium. Dogwood trees flung up sprays of blossoms that floated on light and shadow. A hawk wheeled above them one afternoon. The atmosphere was medieval, mythic; the bird tracing an invisible snare that bound it all together. From a high ridge, my friends and I could see into a sunlit wetland that cradled another kettle pond, small and potently alluring, with its own ensembles of frogs, their sounds welling up to splash around us.

We explored the trails and dreamed with the oak trees. But none of us knew the name of the woods.

The following summer I experienced some strange things there.

On assignment to create illustrations for the alumni newsletter of the University's School of Natural Resources and Environment, I wandered with a sketchbook up one of the paths. It was a hot July day. Green fires glimmered around the periphery of my vision. I drew small birds that alighted on branches.

Suddenly there was a rustling sound from behind a stand of trees. Or I thought so. A sense of something large, an animal shifting about on its feet. I stopped drawing, watched and listened. Nothing. I began to draw again.

Once more, that almost-heard movement. An image in my mind: a tall man with the legs of a horse. Two legs, not quite the form of the mythological centaur. I froze, listening, watching. Nothing.

At the third instance, settling into drawing, then startled by the sense of sound and motion in that same spot, I decided to leave.

A month later, I left a trail for a moment and could not find my way out of the woods. A little panicky, though I knew that I couldn't stray far from human presence here, I began to move fast, with an increasing sense of sentient things throwing projectiles and touching me with electric fingers. When I emerged on the slope above the golf course, my clothes were covered in tiny seeds. I picked them off and sowed them on the ground.

These events only deepened my love for this place and the tenacity of its spirit.

One spring day, I saw signs posted at every entrance to the forest: "HELP SAVE BLACK POND WOODS", with a telephone

number. It was the first time I'd seen the pond or the forest named. That evening, I called the number. Jennifer Hill answered: The woods were owned by a man who lived in Florida. He wanted to sell a portion of them for condominium development. A group, Friends of Black Pond, was forming to save them.

I stood in front of Borders Bookstore with sheaves of petitions. Usually I'm terrible at that. I want people to understand what they're signing and there isn't time to go into nuances. But this one was simple. I collected many signatures and attended Council meetings. Though I dreamed one night that a frog in the pond told me to "Speeeek", I never quite summoned the nerve to do so in Council.

But I met with the group at Leslie Science Center, and collected funds at a biweekly dance party I hosted at the Network on Huron at Third Street. I created in my mind imaginary panthers to guard the woods from development, and set them to work high in the trees of the woods. I sometimes dwelled on them while braver souls took the open mic at Council and Commission meetings. They showed slides of sweet green-lit columns of trees, named rare plants and animals and environmental tests that must legally be conducted, but which are sometimes glossed over in favor of lucrative property rights. We stood up en masse when asked to show support.

Jennifer, a shy person, was a heroine, steadfast and thorough, speaking eloquently, always backed up by research conducted with utmost care. After this adventure, she was invited to join the Parks Department and she served there for several years.

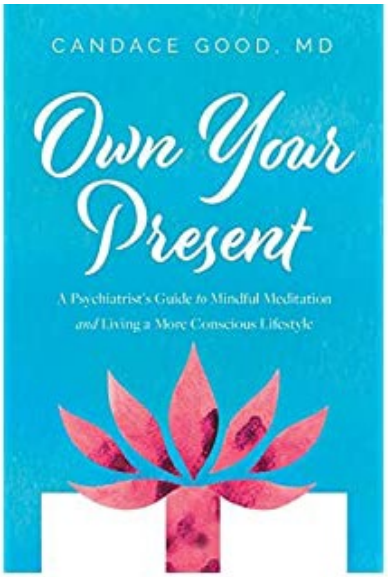
We learned that the kettle ponds were formed from melted ice broken off retreating glaciers. We learned about the salamanders that breed in these vernal pools in the springtime, needing the safe haven of water that dries up in summer and cannot host fish.

A smaller contingent among us asked each other if we would be willing to chain ourselves to trees if the development went ahead. We agreed that we would. We meant it.

We won, helped by the Washtenaw Land Conservancy. The distant owner was persuaded that the site was inappropriate for development. There was a ribbon-cutting party with hikes in the forest where a dream-catcher was attached to a tree overlooking the pond. Great joy, new friendships, the beginning of what became a nature-study area. Controlled burning resulting in vivid flowers among the shrubs. Children were taken to the pond to dip nets and learn about creatures.

Read the rest of the story online.

Crazy Wisdom Book Pick of the Week



Own Your Present
by Candace Good, MD

Mindfulness for Busy People

Everyday demands pull us in all different directions. Our lives can feel scattered, and we often find ourselves reacting to stress rather than pausing to appreciate the moment. We rush around to keep up with our personal and professional to-do lists, yet we still feel defeated, like we're missing out on something. There's a lot working against us in this scattered world, but a mindfulness practice helps us reset, protect our energy, and move forward with a more peaceful heart.

In Own Your Present, Dr. Candace Good provides you with a path to a more mindful life, helping you reconnect your body and mind with your surroundings. She shares engaging and deeply personal stories of her own struggles with anxiety to show you what it looks like to move beyond your past and inner critic to accept what is, imperfections and all. Dr. Good offers practical advice, therapy techniques, and activities as a map to help you begin or deepen your mindfulness practice. Owning your present, you'll come to learn, is not only noticing a moment or a gift before you but also committing to a journey to rediscover your authentic self, so you can show up when it counts. Regardless of what is happening in the world, you have what it takes to live in the moment.

Purchase your copy of *Own Your Present* at shopcrazywisdom.com.

From the Fall Issue of the Journal

For our 25th Anniversary Issue of the Crazy Wisdom Journal, we invited eight well-respected leaders in the regional conscious living community to tell us what they have been up to and what they have been thinking about during these months of sheltering in place. Below is our featured interview with Bronwen Wildflower Gates..

Bronwen Gates

Bronwen 'Wildflower' Gates, Ph.D., is an ethnobotanist, shamanic herbalist, and multidimensional transformational healer by training and avocation, and co-creator with Faerie of the Faerie Flowers Essences. As a spiritual midwife, her mission is to "help you remember and be reborn into ever increasing intimacy with your Essence Self, to Come Home to the Goddess." Her "skills and gifts are in service of [her]determination to end the domination paradigm, to restore access to Women's Mysteries, and to Mystery, to co-creating a partnership paradigm with Nature, with each other, and with the Divine that is our evolutionary directive." She was interviewed in-depth for a cover story in 1998 and was again on our cover in 2003.

During this quarantine time you haven't been able to see clients or friends or family face-to-face. How are you filling your days?

'Experimental' cooking using the contents of my fridge and my cupboards. Gardening. Slowing down and taking leisurely walks in my neighborhood and parks to savor details and delights I had not noticed before. Some long overdue deep cleaning. Decluttering—liberating myself by re-imagining items as gifts awaiting dispersal. Reading voraciously, and even watching a few movies!

When you find yourself feeling blue and isolated from friends and everyday chit chat, what do you do to feel better?

First, I use acupressure tapping and see what flower essences might be calling me, then I sing, I dance, I wiggle, I clown around and laugh at my silliness *to get* my joy motor going. If that isn't sufficient, I focus on being present to what I am feeling that is impeding my joy, and the thoughts that accompany this feeling, and then use whatever works—tapping, flower essences, other energy healing, forgiveness, breathing – to restore *my* balance. Or I go outside and revel with delight and gratitude in the beauty of nature and the magic of plants. There is beauty everywhere. Always works.

What daily habit have you changed that you would like to keep when this period of quarantine is over?

Being kinder to myself.

To go a bit deeper, Bronwen, please share with us some of your insights about the richer meanings one might derive from this pandemic?

I ask each day what I can do to transform the fear that fuels, and is fueled by, this pandemic, and how I can contribute to creating a future where we do not live in fear, where we have allowed ourselves to know the true nature of this pandemic, and how it can be contained and dismantled.

I continue to work to distinguish truth from lies, deceptions, and half-truths. My journey with the Faerie Flowers has been an intrinsic part of that journey. Magic, here defined as 'the conscious creation of your experience in accordance with your will and imagination', is real, and can be used for benefit and harm. When someone is committed to maintaining the 'power over' paradigm through conscious manipulation of others through words, images, and actions designed to enthrall their hearts and minds and support you at their expense, this is dark magic. Imagination is limited to greed and excessive consumption, and the will becomes focused on winning on your own terms at all cost to others, toying with the lives and futures of others for pleasure.

Magic becomes light magic when the definition is expanded to include 'and your love', for then there is intended and protected use of your magic to support conscious co-creation in alignment with the evolutionary destiny of each of us. We are at a turning point, when light magic is overcoming dark magic, though not using these words or definitions. The light of hope is re-igniting in so many hearts, despite so much that would seem to seek to destroy hope forever. Hope is shining forth ever more brightly in hearts that are open to bring forth the never-before New World. A quote from Lewis Carroll's *Through the Looking Glass* helps explain the power of words.

> "When I use a word,' Humpty Dumpty said in rather a scornful tone, 'it means just what I choose it to mean — neither more nor less.'
> 'The question is,' said Alice, 'whether you can make words mean so many different things.'
> 'The question is,' said Humpty Dumpty, 'which is to be master — that's all."

It is time to recognize "Whoever loves the most, wins." (Barry 'Bears' Kaufman)

We are called to reopen our hearts to love. To discover what love really is, its mystery, its power—and most of all—its grace. To let go of the lies and half-truths we have been seduced by in pain and fear. To learn how to create a win-win-win. To be co-creative with our inner sources and resources of love, and with nature. Nature is such a powerful loving and living feedback system, especially operative through our most intimate piece of real estate, our bodies. For me, and many others, conscious co-creation with Faerie is also important. Know it consciously or not, we are all on task and we are uniquely and collectively choosing the future that will unfold.

For you, personally, Bronwen, in what way has the pandemic been a liminal time for you, a threshold to what?

So many things! Making peace with myself. In some ways the pandemic started early for me—in terms of pain and isolation—I broke my wrist rather badly in January and spent weeks handicapped and in pain. I knew when it happened that it was not an accident (I had foretellings that I did not recognize until it happened), but I did not realize then, that in some ways, it was to begin the consciousness work that has occupied me during the pandemic.

When the pandemic became official, I took the pandemic "to heart," consciously using the isolation to do deep diving into experiences and memories I had avoided as too painful. A time of soul searching, into my personal stories, and the collective stories of humanity. Why was this my approach?

I checked in as the infections spread and explored if I could harness sufficient spiritual resource to reduce its spread and co-create a fizzle for this infection. Not possible. This was, and is, a necessary spiritual awakening for us all, whatever our circumstance.

I recognized a lot of people were going to die, and my first prayer was to ask if the spiritual resources, that are my allies (and their resources), could make it possible that everyone who faced the gateway of death be given the gift of conscious awareness that they were held in loving care and that there was choice even in this circumstance. That no one, no matter their physical circumstance "died alone." I also made an Essence to embody this prayer.

And then I got to work. I admitted to, and explored, depths of loneliness and fear, feelings of failure, lack of worth, low self-esteem, that I'm actually dying (this has changed my understanding of near death experiences forever!), that I'm fatally flawed—so many of these sourced in shame in so many forms and flavors. In each case I have chosen to deny the power of authority to any of the stories generated by painful feelings, and to do my part to reduce the power of these stories in our collective consciousness. Tempered by beauty and love, I reminded myself of the deepest truth for us all, that these stories are not truth, but are engendered by feelings and experiences in times past that have (sadly) been the truth of our experience and relate to broken heartedness, feelings of deep betrayal, or toxic shame. It has felt like a seemingly endless search to get beneath these feelings, to claim self-acceptance, and gain mastery of these feelings, so that I can create a new foundation based on goodness, truth and beauty, eternal qualities that are foundational parts of our essential nature.

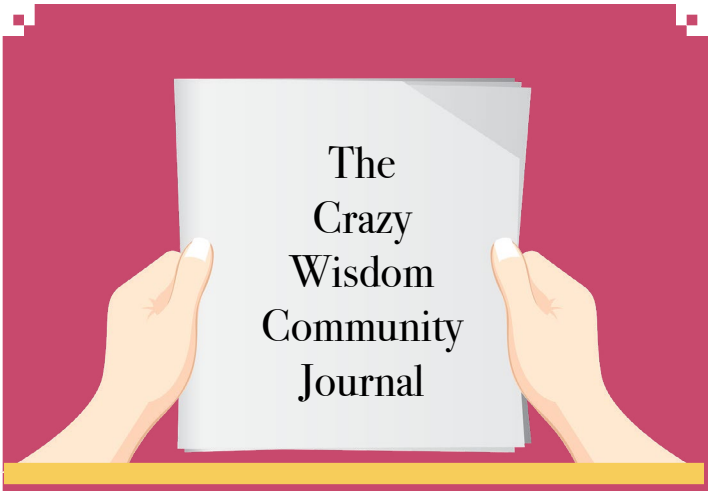
What is the first thing you want to do that you haven't been able to do once the quarantine is lifted?

The isolation from my grandchildren (ages six and two) was excruciating. I had been accustomed to seeing them daily and the joy of their little beings was my delight. To have Thea (the two-year-old) run into my arms was an exquisite thrill. Even when we video chatted, it was not the same, and I could see the hurt and pain in their eyes. They missed that physical intimacy as much as I did, and it continued even when we had permission to open up to distanced contact. We did finally create a pod of family intimacy, and finally the joy is shining in their hearts again, as in mine.

We went camping at Warren Dunes State Park, where I could be wholly immersed in love and beauty—family, forest, the dunes—and the lakeshore. Beaches are such liminal spaces where the elements—earth, air, fire, and water—are so alive and present. They are the domain of the boundary dwellers where I can be re-energized and feel at home. And I got to swim in the Lake!

What one guilty pleasure have you indulged in while in quarantine?

Why does pleasure have to be guilty? I want to enjoy sacred pleasure, and all (true) pleasure is sacred… pleasure that makes me feel alive and enriched. So, my unguilty pleasure is lightening up—letting myself enjoy being alive.



The winter issue of The Crazy Wisdom Community Journal is coming! With articles on local happenings, artists, and practitioners. You don't want to miss it!

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A Note From Maggie Kupiec, Owner of Planet Calm, About Her Lovely Home in the Upper Water Hill Neighborhood

I've spent decades doing administrative work, mostly for law firms. I'm also a certified massage therapist, doing bodywork out of my Ann Arbor home, and had planned to create an overnight retreat here, similar to an Airbnb, but focused entirely on healing.

I retired from my day job last October, in order to immerse myself in the creation of that healing space. In the midst of consultations for some minor remodeling, the world went into lockdown. My focus sharpened on the benefits of seclusion, meditation, and dedicated attention to self-healing.
So, now I'm looking for a secluded property in a wilderness setting where a person can truly disconnect from their stress and conditioning, and immerse themselves in a new, transformative pattern. I've been looking in the Manistee area near Lake Michigan, hoping to take advantage of the M-22 connection between Ann Arbor and Traverse City.

When established, I would invite practitioners of various healing disciplines to come stay in this retreat for their own rejuvenation, and also use the facilities to create protocols tailored for their own clients. So many therapies dovetail so beautifully, I envision therapists collaborating to blend their treatments, or simply offering their individual specialty, and then leaving the guest in secluded privacy for the rest of their restorative, recuperative, revitalizing stay.
The bigger picture is to create a community of healers, and to create or assist others to create many more healing havens, like a string of pearls.

After several years of offering bodywork and hosting meditations every month, my home has a palpable healing energy infused into it, and already acts as a therapeutic respite right in the middle of the neighborhood. The Upper Water Hill location, surrounded by mature trees, natural beauty, and friendly neighbors, is less than three minutes from downtown, and a short walking distance to Bird Hills. It already has an iconic reputation as the purple house on Newport. The 2-story Cape Cod configuration lends itself perfectly to offering comfortably soothing, homelike amenities to guests (including a wood-burning fireplace, an aromatically paneled pine treatment room, and a far infra-red sauna in the first-floor bath), while keeping other sections of the house completely, and privately, separate.

Before putting my Ann Arbor home on the general market, I'd like to extend an opportunity to someone dreaming of offering their therapeutic gifts in a sacred space that has already been lovingly nurtured into a healing sanctuary, which could also serve as their own home.

My aspiration is not just to sell the house, but the *idea*, targeting the same demographic that I fit into—someone who is also in the therapeutic arts, and might welcome applying that gift on a larger scale with greater benevolent impact. This in turn lends itself to mutual referrals and forging new therapeutic combinations. I would happily share and help create any and all of the visions I've developed involving a symbiotic relationship between the Northern Michigan country location (Breathing Room), and the Ann Arbor city location (Planet Calm). For example, guiding a guest through a seasonal program of breathing in and breathing out, building up immunity at one site and releasing stress and toxins in the other. I'm also wide open to other visions and suggestions that result in healing being offered collectively. Once the collaborations begin, the possibilities are excitingly endless, and as varied as each individual served. Or, of course, I could step back entirely and let someone else's vision reign supreme.

More importantly, I feel this kind of decompression and rejuvenation is beyond recreational, it's entirely essential, given the world we find ourselves in at the moment. This has never really been a business venture for me, it's always been a passion and a calling.

If you are interested in this exciting healing collaboration, please contact Maggie by email at maggiekupiec@gmail.com.

Psychic Shields –
Protecting Yourself from Negative Energies

By Moira Payne

The moon hid behind clouds in the night sky, as I stumbled my way through fresh snow headed for the barn. Even using my cell phone as a flashlight, I was barely able to see two steps in front of me. Crossing the threshold in the dark, I could sense the mold and mustiness that clung to the wooden structure, which appeared quite new. I reminded myself to even my breathing, while searching for a light switch, which I finally found behind the door.

A single bulb barely illuminated the space, a workshop of some kind with a couch, countertops, and a lot of tools. I had been informed that this is where strange activity took place, where rocks had been thrown against the wall by unseen forces. I stood for some time, listening to the wind, feeling the unease. I proceeded to explore by the light of my phone, opening doors and walking through additional rooms. At times, I felt hands brushing against my arms and whispers in my ear. My sense was that whatever was there was not happy about a trespasser. The home's owner insisted that the house was built in the past 50 years, but the spirit I experienced here—a male, a farmer, perhaps—lived many generations before.

I touched the pentacle that hung from a chain around my neck. My protection.

As I walked toward the furthest room, the floor seemed to become uneven under my feet. I was no longer walking on the same floor, but was now walking along a slate pathway, which then gave way to dirt. Indeed, the current structure had been built over something else.

I returned to the main house to meet my friends, who were not comfortable staying on the property any longer. 'How could you have gone into that dark barn by yourself?', they asked. I am protected, I responded.

The "knowing" is called clairsentience, or clear sensing. It is the ability to take the energy that you feel and make sense of it. At times, images come to mind, words are heard in the inner part of my ear. In order to get a clear message, I have to clear my mind, empty it using meditation techniques, and sit in that space for a few moments.

In the beginning I would practice by writing down my sensations, but I quickly learned it was much better when I collected the sensations before attempting to write. After having my sense of knowing confirmed so many times, I learned how to discern between the machinations of my imagination and when I am truly sensing something.

Like me, to further develop this ability, you need to confirm what you are sensing by reaching out to others. But it's a conversation that may require careful consideration. For instance, if I am asked, I will give my impressions of someone's home. I do not believe in offering unsolicited feedback, as not all people believe or even want to know all that has transpired. And just as the psychic seeks protection in whichever way is most comforting, so too should the person who is not interested in developing her innate abilities.

So, before springing some past atrocity on a friend, or cautioning your co-worker about an impending disaster, make sure everyone is open to hearing this information! I also check myself before saying anything, by asking myself if I am speaking to be helpful or trying to impress someone. Working in the spiritual world should not be complicated by the ego of the physical world.

Those of us who consider ourselves healers are a beacon for energy from this world and beyond. With this gift comes a greater need for protection. Psychic protection is akin to hand washing—it has to be done. The more often we protect ourselves, the easier it becomes for us to do automatically.

I have been teaching my son how to protect himself since he was a young child. I would tell him to stand still and imagine his feet are roots, like the roots of a tree that go into the ground, deep into the earth. His roots would find a ball of energy that was pure love, anchored to the center of the earth. As they touched that ball of energy, the love would move up his roots and into his feet, traveling up his body, filling every limb until it filled his head and poured out the top. That love would then come out of his crown and spread around him, creating a shield.

The "shielding game" became almost a guided meditation for him and he experiences comfort simply by working through the exercise. He is now an adult and recently shared with me that he still does this exercise.

Shielding is one of the most common forms of psychic protection within the energy worker community. Another technique

is to imagine being enveloped by an egg, covered in a mirrored shell, which deflects everything. The egg surrounds you from top to bottom, above, below, and all the way around. The shield may conform to your body, or it can extend outward, far beyond arm's reach. Whenever you need, you can feel safe within your shield.

The outside of your shield can be created to suit what you need to protect yourself from. I rely on a clear shield, one that would protect me, but that I can still feel what is happening on the outside. I imagine a black obsidian shield when I feel "attacked" in any way. I love the feeling of filling my shield with pure love. At times, I use just the love with no hard barriers as my shield. You can experiment using different shields without telling anyone that you are shielding and compare your results. Some use shields that are like nets, catching all that is not for our highest good and keeping it on the outside.

I am frequently asked how to protect homes. A very simple, but deliberate, way to create protective forces in your home is to make altars. Honor the spirits of the house, your ancestors, or even your deities. Pictures, statues, crystals, candles, letters—or other things that call what you are honoring to mind. I have created a shield for my entire home, surrounding it all the way around and above and below. I place objects of protection throughout my home.

Many people work with angels, but before relying on angelic protection, you must develop a relationship with that angel. Respect your chosen protector by doing research, talking to them, and listening to their messages. The same goes for any deities and spirit guides. Reverence and respect go a long way.

If you have your angel on your altar, ask that angel to protect you. Leaving a piece of jewelry, stones, a bag of herbs, or even your car keys on the altar overnight, will help to carry as protection with you when you awake in the morning.

Our minds are containers that collect all sorts of thoughts and energies. We are inundated with violence on television, scary movies, and the simple cruelty of the world. I do my best to minimize the negative input from the outside by not watching scary movies, not reading shock news stories, and not allowing myself to imagine the "worst case scenarios" when thinking about my loved ones. I will stop people from speaking aloud their fears and instead ask them to speak their hopes. I have found that common sense is the best form of protection of any kind.

Many people wear a symbol around their neck, such as a Cross, Pentacle, Star of David, angel, deity, or crystal. If you wear a necklace, I would encourage you to "charge" the necklace with protection. You can charge it by holding it in your hand, and imagining a divine cord coming from above and funneling into your necklace. Imagine the force of protection entering into the center of the pendant and filling it up. You can then feel the necklace radiating out love, peace, and protection.

Prayers, mantras, affirmations, and even laughter are good forms of common protection. People call on their deities, angels, and guardians for help, which I also view as effective, as long as we have a relationship with them first. I love the use of laughter for protection, as it breaks up energy with sounds of joy. There are many things that we do naturally, but when we become aware of the protection element, they become more powerful.

Most of the time, the things we need psychic protection from are actual people in our lives. Family, clients, and people on the street are capable of attaching to us psychically, if we allow it. A number of therapists I know experience extreme fatigue at the end of the day. By utilizing methods of protection, this can be minimized. I encourage people to protect before meeting with clients and after. At the beginning of the session, you can shield and ask for your guardians to protect you from anything that seeks to do you harm. Have a spray that you use at the same time. These days, people often use essential oils in a spray form, but pure water can be used if it has been asked to protect you. Hold the water in your hand and charge it for protection. At the end of the day, you may choose to cleanse in a shower, maintaining an image in your mind of all the psychic energy being washed down the drain. If a shower is not available, imagine the shower, with all the negativity you may have collected being cleansed away, dropping into the earth, and being transmuted into love and healing.

I have read many books on psychic protection. By far, the best book I have read is by Christopher Penczak, who discusses all matters relating to psychic protection in his book, *The Witch's Shield*. This book is filled with exercises to build your protection. Psychic protection is a skill that has to be developed and practiced over time. The reality is that we are creating a magickal protection by bringing our thoughts into our physical world by using the power of our mind, and you will find that other people react to your protection. Love is the most powerful force we have, and I encourage everyone to focus on love not fear.

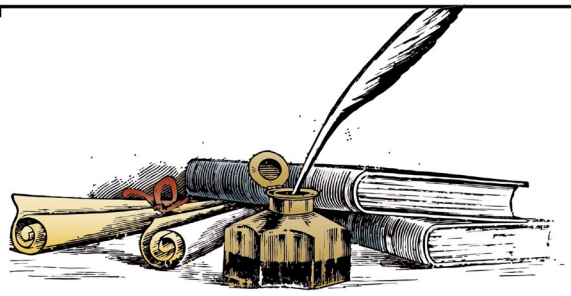
Moira Payne was born and raised in Ann Arbor. She walks the path of the Witch, having respect for all things in this world and beyond.

READ MORE ARTICLES FROM THE CRAZY WISDOM COMMUNITY JOURNAL, ISSUE #75 ONLINE!

Veterans/ Armistice Day Arlington Michigan Display

Wednesday, November 11th, 11am until dusk, Veterans Park, Maple and Jackson Roads, Ann Arbor. Veterans/Armistice Day memorial display of one marker for every Michigan soldier lost in the Iraq and Afghan wars (230 markers). The purpose of this display is to honor those who have fallen, to provide a place to grieve, and to educate the public about the costs of war, as well as the needs of those returning from conflicts. Peace ceremony at 11am.

The display is at the southwest corner of Veterans Park with parking at the Veterans Memorial Ice Arena parking lot (2150 Jackson Avenue, Ann Arbor, MI 48103). Sponsored by Veterans For Peace Chapter 93. Free. Learn more at the Veterans for Peace website, or the Facebook event page. Click here to learn more about Veterans/Armistice day.



The Crazy Wisdom Community Journal is looking for a few good writers!

Are you interested in writing about local businesses and the owners who have taken a leap of faith to open during these turbulent times? We are looking for a columnist for our Leaps of Faith column. This column includes writing about two local and new businesses in the Ann Arbor area three times a year. Each profile is around 1500 words long. If you are also a photographer, let us know! If you are interested in writing this column, please email a letter of interest and a writing sample to jennifer@crazywisdom.net.

We are also looking for writers to pen features about local events, holistically-oriented practitioners, green living and parenting topics, spirituality, psychology, and other topics that would work nicely for our conscious living magazine.

If you are interested in writing general features for the magazine, please email a letter of interest and a writing sample to jennifer@crazywisdom.net. Please also include a list of ideas and topics for articles that you would be interested in pursuing.

The Crazy Wisdom weekly Calendar

Festivals and Events

Art Sale at the Valley • December 4- 6th .•
7650 Scio Church Rd. Ann Arbor. With seven local artists. A socially-distanced art event. For more information visit the Art Sale at the Valley website.

Health and Wellness

Yin Yoga with Sound Bath • November 15 • 7 p.m. • Gentle yoga serenaded by the healing sounds of Tibetan singing bowls. In studio. For more information email celia.yogacentric@gmail.com or visit Yogacentric online.

Reiki Training • November 14 • 9 a.m. • Reiki Training for levels I and II. In person. For more information email celia.yogacentric@gmail.com or visit Yogacentric online.

Virtual Yoga Classes • November 7 • 9:30 a.m. • Virtual yoga classes - Daily Classes via zoom with recordings available. For more information email celia.yogacentric@gmail.com or visit Yogacentric online.

Kabbalah

Kabbalah for Couples • November 8 • 3 p.m. • This is not couples therapy. This is for basically good relationships that both parties are willing to work on, to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour session (rather than one hour), one time per month, for about a year, can help you get your relationship to the place that you always wanted it to be but did not know how. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Brand New Beginning Kabbalah: Kabbalah Miracles • November 11 • 10 am or 7:30 p.m. • This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy RESISTING (for example, exercise, meditation, eating and/or drinking healthily), we utilize that liberated energy for CREATING, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifestors of our dreams, desires, and goals, open to MIRACLES, and fulfilling our destinies. For more information contact Karen Greenberg (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) • November 15 • 1 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace."For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Online Workshops

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • November 6 or 13 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Connecting with Archangels • November 8 or 15 • 8 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, on whom to call for particular assistance, and how to safely call upon them. Connect , ask Questions, often receive helpful information. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Weekly Zohar (The Book of Radiance) Study • November 8 or 15 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Basic Animal Communication • November 21 • 9 a.m. • Learn to communicate with animals the way they communicate with

each other, telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and to connect with animal minds. This is a two-day online class that goes from 9am-4pm each day, November 21-22, 2020. Pre-requisite: read Animal Talk, by Penelope Smith. Fee is $150/$120 if paid by November 7, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Connecting with Various G-D Names/Aspects: Heavenly Travel • November 8 • 6 p.m. • Learn to astral travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life, to become more deeply acquainted with ten different aspects of G-D. Learn how to connect to the energy of each different aspect of G-D, and the special quality that it represents. You may receive invaluable messages and/or answers to compelling questions. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

MONTHLY Midrash Study • November 6 • 6 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Shamanism

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life • November 7 • 9 a.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way.This class is a prerequisite to ongoing and more advanced shamanic studies. This is a two-day class online from 9am-3pm each day, November 7-8, 2020. Fee is $150/$120 if paid by October 24, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online. welcome Preregistration Required, please. For more information visit annarborstorytelling.org.

Get your calendar listings in
by Monday morning at
10 A.M. for the next
Crazy Wisdom Weekly Issue!
Send your listing in here.

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
September through December 2020 - Issue 75
25th Anniversary Issue
Leading Lights from the Community (and from our previous covers) Came Together on the Eve of the Pandemic to Help Us Celebrate
From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O'Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey
Sandor Slomovits on the Legacy Land Conservancy • The Grit Behind the Grange (Restaurant) • Hidden Gems: Green Spaces You Might Not Know About • Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones • Kintsugi and the Art of Healing the Broken Heart • Saved by the Squirrels • Psychotherapist Marcia Haarer • Kokopelli's Corner • Conscious Parenting • Great Tastes • Yoga Column • And More

Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal*

on newsstands now and also online!

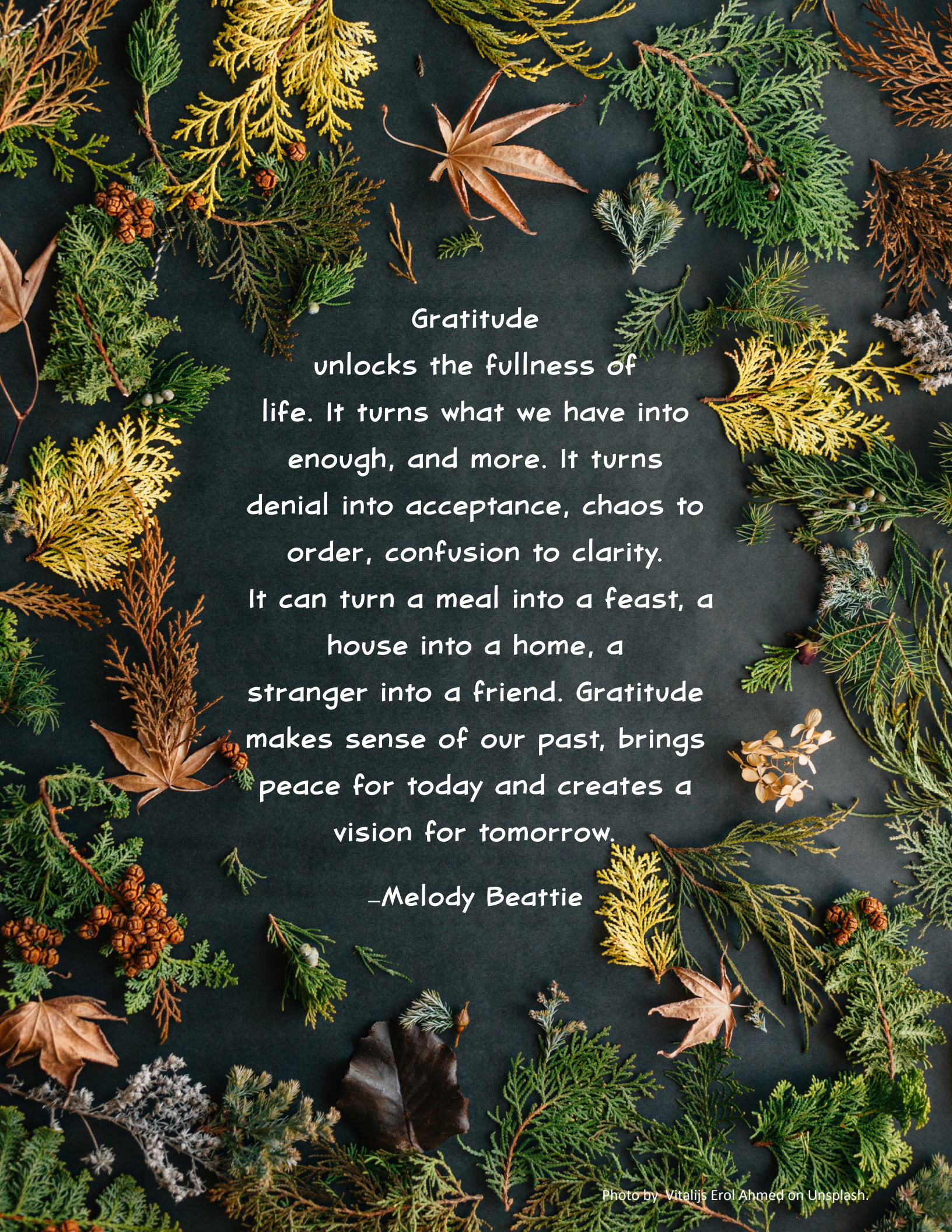

Gratitude
unlocks the fullness of
life. It turns what we have into
enough, and more. It turns
denial into acceptance, chaos to
order, confusion to clarity.
It can turn a meal into a feast, a
house into a home, a
stranger into a friend. Gratitude
makes sense of our past, brings
peace for today and creates a
vision for tomorrow.
–Melody Beattie

Photo by Vitalijs Erol Ahmed on Unsplash.